

Wellness Wednesday's

April 1, 2020



Retrieved from https://www.uwosh.edu/couns_center/internal_images/wellprograms.jpg

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Time Management for Attending Classes Remotely

Breathe

- It can feel overwhelming if you are not used to online classes, so start by taking a deep breath and reminding yourself that you are not alone in this new process
- Your classmates and IT Services (<https://www.stcloudstate.edu/its/get-started/default.aspx>) can be a good sense of support as you navigate these changes



Retrieved from <https://www.campuswell.com/organize-your-study-space/>

Create a Schedule

- Look over your syllabi to identify larger projects and prioritize your workload ahead of time to avoid surprises in the future
- Create a weekly schedule to establish a new routine and stay on track with your assignments
- Remember to adjust your schedule as necessary to find the right fit for your free time and home situation

Create a Study Space and Stay Organized

- Setting up your study space
 - Create an open space with minimal distractions to maintain focus
 - Have all required books, materials, and other requirements for the course in your space
 - Check your internet connection
 - Have headphones to listen to lectures or to tune out background noise
- Find a space that is separate from where you sleep or relax to improve concentration

Take Breaks

- Schedule regular breaks, such as 5 minutes every hour, to step away from your workspace and stretch your legs, get a snack, or do something you enjoy
- This can help to refocus and boost your energy

Healthy Coping Skills

Take Mental Breaks

- Designate certain times throughout the day to look at your phone or watch the news, such as once in the morning, once in the afternoon, and once in the evening. Also, set a time limit on how long to interact with it, such as 20 minutes.
- Consider silencing your phone or setting do not disturb settings to pause updates for certain hours of the day. This can help limit your exposure to new information and allow you to focus and relax.



Retrieved and adapted from <https://medium.com/@tiphainemercier/my-personal-experience-8f515fb0b512>.

Stay Connected

- Connect virtually or on the phone with friends and family
- Block off time on your calendar to connect with friends and family that you do not see often
- Establish ground rules with friends or family on acceptable types of communication or set time limits on certain topics

Personal “Me” Time

- Journal or draw feelings
- Listen to music
- Color or start an art project (Pinterest has lots of ideas for everyday items)
- Take 5 minutes and clean one area each day (or every hour if you're up for it!)

Exercise

- Meditate for 5-10 minutes each day
- Go for a walk
- Do 10 push-ups or jumping jacks every hour to get your blood flowing and increase energy

Weekly Relaxation Activity

Yoga to Gain a Fresh Perspective

Get your body moving and relaxed with some breathing and yoga poses. It's okay if you don't have a yoga mat, you can do this on the ground or consider using a soft surface like a blanket. Click here (<https://www.youtube.com/watch?v=H9xuMZaiNJY>) to watch the video.



Retrieved from <https://www.youtube.com/watch?v=H9xuMZaiNJY>.

Parent's Corner

Remember this transition is a difficult time on your children too, so give yourself and your child some extra space to transition. This can include having some fun activities along with their new online learning or schedules to keep things entertaining and interactive.

Talk with Your Children

- Reassure your child they are safe and that it is okay to feel different emotions
- Be a role model and share how you deal with stress
- Establish a new routine and try to maintain a regular sleep schedule
- Everyday activities, even cleaning, can be made into games for children to interact with, such as who can fold the most laundry in 5 minutes!

At-Home Activities



Resources

Mental Health Resources

- **SCSU Counseling and Psychological Services (CAPS):** Call 320-308-3171
Website: <https://www.stcloudstate.edu/counseling/default.aspx>
- **Local crisis line:** Call 320-253-5555 or 800-635-8008
- **National Suicide Prevention Lifeline:** Call 1-800-273-8255
Website: <https://suicidepreventionlifeline.org/>
- **ULifeline** (online resource for college mental health): Text "START" to 741-741 or call 1-800-273-TALK (8255)
Website: <http://www.ulifeline.org/>
- **National Domestic Violence Hotline:** Call 1-800-799-7233
Website: <https://www.thehotline.org/>
- **Disaster Distress Helpline** (crisis and support line for natural/pandemic disasters): Text "TalkWithUs" to 66746 or call 1-800-985-5990
Website: DisasterDistress.samhsa.gov

Substance Use Resources

- **Alcoholic Anonymous (AA) Online Meetings:**
Website: <http://aa-intergroup.org/>
- **Narcotics Anonymous (NA) Virtual Meetings:**
Website: https://na.org/?ID=virtual_meetings

Student Support Resources

- **SCSU Non-Traditional Student Support:** <https://www.facebook.com/SCSUNonTrads/>
- **SCSU Student Parent Support Center:**
<https://www.facebook.com/scsustudentparentsupportcenter/>

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